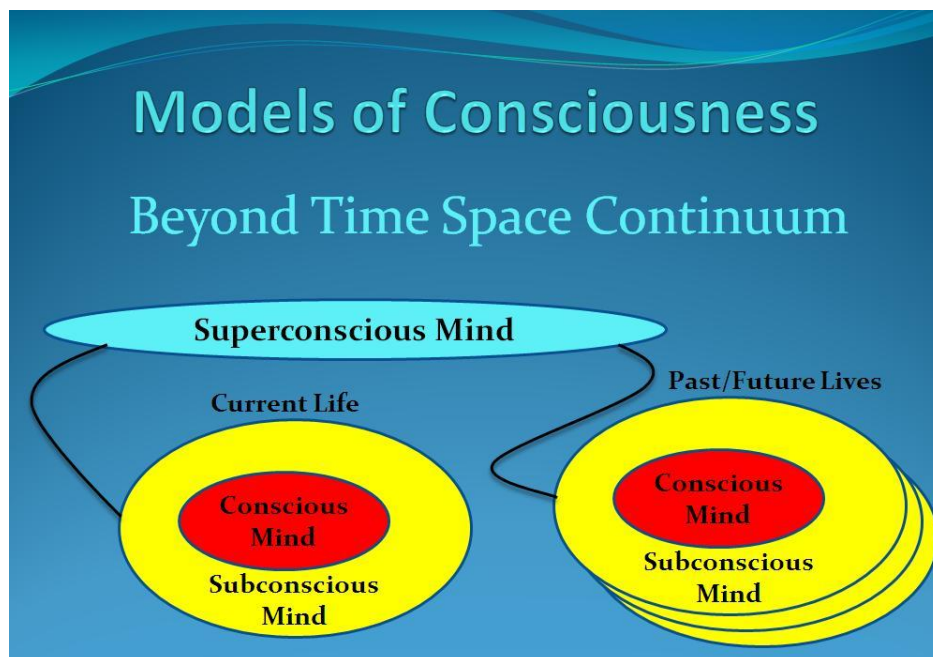


Mindfulness and Stress Management Workshop

With Terry Keillor (BASc MASc Dip Clin Hyp)

As much as people love the holiday season, it can also bring with it a fair amount of stress and anxiety for many. This workshop will teach you some simple, practical, self hypnosis techniques to help you manage your stresses on a daily basis, do away with anxieties, and prepare for a healthy and happy 2019.

- **Self Hypnosis/Meditation for Personal Development**
- **Getting Rid of The Garbage (releasing limiting subconscious programs)**
- **Connecting with Your Wise Mind (Super Conscious)**
- **Connecting with Your Spiritual Guides**
- **Self Healing / Healing Others**
- **A Journey of Self Discovery**
- **Aligning with Your Life Purpose**



Venue: Bowen Island Lodge

Date: Saturday 8th Dec 9am – 1pm

Tea and coffee are provided

Cost \$75 - please confirm attendance as there are limited places

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Bowen Island contact :

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